

# To A Healthier You

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March 2007</div>			March is National Nutrition Month "Fruits & Veggies: More Matters."	1 Top your favorite cereal with apples or bananas.	2 Snack on fruits and vegetables.	3 Try a green salad instead of fries.
	4 Don't skip breakfast. 	5 Go easy on the butter or sauce added to vegetables. Flavor veggies with fresh herbs, like parsley or dill, and a squirt of lemon juice.	6 Try your burger with just lettuce, tomato, and onion.	7 More carrots, less cake. 	8 Stop eating when you are full.	9 Eat a better snack— Having a cup of grapes will leave you feeling fuller than a handful of chips. 
11 Choose fruit for dessert. 	12 Try a new fruit or vegetable today and savor the spectrum!	13 Skip the soda. Drink a 100% fruit juice beverage, low-fat milk, or water.	14 Salads are an excellent way to include a wide variety of colorful vegetables in your diet. 	15 Start your day with 100% fruit juice. Besides OJ, try 100% apple, grape or some blends such as orange banana.	16 Out of sight, out of mind? Place a bowl of fresh fruit on your counter to encourage you and your family to eat more fruit.	17 Drink lots of water. 
20 Add a handful of green peas to your salad. Or, fill-up a sandwich bag with fresh sugar snap peas and enjoy a crunchy snack.	19 Try a variety of apple you haven't tasted before. One medium apple = 5 grams of fiber. 	20 It's Eat What You Want Day! Choose to eat lots of healthy fruits and veggies in all of your meals, not just for today, but for everyday!	21 Surprise your family by offering to cook a delightful, healthy meal loaded with colorful vegetables.	22 For a grand finale, throw some fresh fruit in the blender with some low-fat frozen yogurt and make smoothies for dessert.	23 Add a variety of colors to your fruits and vegetables which will give you added vitamins and minerals.	24 Replace sugar sweetened beverages with water and add a twist of lemon or lime.
25 Grill fruits or vegetables. 	26 Moderation – Be careful not to eat too much or too little of any food. Enjoy all foods without over doing it.	27 American Diabetes Alert Day: Take the RISK Test @ <a href="http://www.diabetes.org/communityprograms-and-localevents/americanandabetesalert.jsp">http://www.diabetes.org/communityprograms-and-localevents/americanandabetesalert.jsp</a>	28 Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.	29 Ask your sweetie to bring you fruit or flowers instead of chocolate.	30 Substitute veggies for other ingredients in your sandwich. 	31 Variety – Expand your tastes by eating a wide variety of new, healthful foods. Go for a variety of colors, too.